



THE GUIDE TO YOUR FIRST TRIATHLON

A six week training plan



TRAINING PLAN



Thousands of people practice triathlon. So, it is safe to assume that anybody can do a triathlon if they have support, encouragement and a plan to follow.

Proper training will get you to the finish line of your first Super Sprint Triathlon. Super Sprint Triathlon is an excellent event to start with.

The goal of this plan is to get you to the finish line and furthermore to finish strong.

Useful Tips

1. Before starting, you should be generally aerobically fit and able to swim, bike and run.
2. The training plan is not a medical advice. You don't have to follow it precisely. Listen to your body. Stop/cancel a session if you need to.
3. It is highly recommended to take a medical examination if you haven't done so recently.
4. On the race morning have a breakfast that you have tested in training sessions and go to the start line adequately hydrated.
5. Get to the race venue 60-90min before the start to allow time for the race day registration, set up your equipment, familiarize your self with transition area zone and warm up.
6. Warm up: Easy jog 5-10 min, and light stretching. Estimate the time you need for warming up to be at the start line on time.
7. For your first triathlon you need the following minimum items:
 - a. swim goggles
 - b. swim suit (slippers & a towel is a good option)
 - c. a helmet for cycling (a road or mountain type of bike is fine for your first race)
 - d. a t-shirt for covering your torso during cycling and running
 - e. sport shoes and socks for cycling and running
 - f. sunglasses & hat possibly
 - g. pull buoy or fins for your swim training

Training Zones / Distances

Time has been also added to distance for practical reasons of training on the road or open water. For the purpose of this training plan and for the sake of simplicity, perceived exertion (breathing difficulty) is chosen for describing effort according to the following table

ZONE	BREATHING AND PERCEPTION
1	Gentle rhythmic breathing. Pace is easy and relaxed. Very easy run or very easy bike spin.
2	Slightly deeper breathing, although still comfortable. Running and cycling pace remains comfortable and conversation is possible.
3	Breathing a little harder, pace is moderate. A stronger cycling or running rhythm, this is "feel good" fast. It is slightly more difficult to hold conversation.
4	Starting to breathe very hard, pace is fast and beginning to get uncomfortable, approaching all-out 30-minute bike or run pace. This pace should be challenging to maintain.
5	Breathing is deep and forceful. Pace is all-out sustainable for one to five minutes. Mental focus required, moderately uncomfortable and conversation undesirable.

WEEK 1	SPORT	SUPER SPRINT
Mon		DAY OFF
Tue	SWIM	Speed work Warm Up: 100m or 5' easy slow Main Set: 4 x (50 m or 2') as 25 sprint, 25 easy]. Recovery 30" Cool Down: 100m or 5' easy slow
Wed	RUN	Speed Work (Run repeats on a track, or flat stretch of road or trail) Warm Up: 10' Zone 1 Main Set: 4x2' Zone 3 (2' walking recovery), Cool Down: 10' Zone 1
Thu	BIKE	Intervals Warm Up: 10' Zone 1 , Main Set: 4x5' Zone 3 (keep high legs rotation) 2' recovery Zone 1 Cool Down: 10' Zone 1
Fri	RUN	Tempo Warm Up: 10' Zone 1 Main Set: 10' Zone 3 Cool Down: 10' Zone 1
Sat	SWIM	Aerobic Warm Up: 100m or 5' easy slow Main Set: 300m or 12' continuous steady at Zone 2 Cool Down: 100m or 5' easy slow
Sun	BIKE	Tempo Warm Up: 10' Zone 1 rising to Zone 2 Main Set: 15' Zone 3 (keep high legs rotation) Cool Down: 10' Zone 1

WEEK 2	SPORT	SUPER SPRINT
Mon		DAY OFF
Tue	SWIM	Speed work Warm Up: 100m or 5' easy slow Main Set: 6x50 m or 2' as 25 sprint, 25 easy] Recovery 30" Cool Down: 100m or 5' easy slow
Wed	RUN	Speed Work (Run repeats on a track, or flat stretch of road or trail) Warm Up: 10' Zone 1 Main Set: 6x2' Zone 3 (2' walking recovery), Cool Down: 10' Zone 1
Thu	BIKE	Intervals Warm Up: 10' Zone 1 , Main Set: 6x5' Zone 3 (keep a high legs rotation) 2' recovery Zone 1 Cool Down: 10' Zone 1
Fri	RUN	Tempo Warm Up: 10' Zone 1 Main Set: 15' Zone 3 Cool Down: 10' Zone 1
Sat	SWIM	Aerobic Warm Up: 100m or 5' easy slow Main Set: 400m or 15' continuous steady at Zone 2 Cool Down: 100m or 5' easy slow
Sun	BIKE	Tempo Warm Up: 10' Zone 1 rising to Zone 2 Main Set: 20' Zone 3 (keep high legs rotation) Cool Down: 10' Zone 1



WEEK 3	SPORT	SUPER SPRINT	
Mon		DAY OFF	
Tue	SWIM	Aerobic	600m or 20' with pull buoy or fins (Recovery)
Wed	RUN	Aerobic	30' flat run mostly in Zone 1-2.
Thu	BIKE	Intervals	Warm Up: 10' Zone 1 Main Set: 2x10' Zone 3 (keep high legs rotation) 3' recovery at Zone 1 Cool Down: 10' Zone 1
Fri	RUN	Aerobic	30' run rolling hills mostly in Zone 1-2.
Sat	SWIM	Aerobic	600m / 20' with pull buoy or fins (Recovery)
Sun	BIKE	Aerobic	1 hour Zone 1 or 2. Include 4x2' at zone 3 with 2' recovery at zone 1 or 2

WEEK 4	SPORT	SUPER SPRINT	
Mon		DAY OFF	
Tue	SWIM	Aerobic	600m or 20' with pull buoy or fins (Recovery)
Wed	RUN	Aerobic	30' flat run mostly in Zone 1-2.
Thu	BIKE	Intervals	Warm Up: 10' Zone 1/2 Main Set: 2x10' Zone 3 (keep high legs rotation) 3' recovery at Zone 1 Cool Down: 10' Zone 1/2
Fri	RUN	Aerobic	30' run rolling hills mostly in Zone 1-2
Sat	SWIM	Aerobic	600m or 20' with pull buoy or fins (Recovery)
Sun	BIKE	Aerobic	1 hour Zone 1 or 2. Include 4x2' at zone 3 with 2' recovery at zone 1 or 2

WEEK 5	SPORT	SUPER SPRINT
Mon		DAY OFF
Tue	SWIM	Speed work Warm Up: 100m or 5' easy slow Main Set: 4x100 m or 3' as 25 sprint, 25 easy Recovery 30" Cool Down: 100m or 5' easy slow
Wed	RUN	Speed Work (Run repeats on a track, or flat stretch of road or trail) Warm Up: 10' Zone 1 Main Set: 4x3' Zone 3 (2' walking recovery), Cool Down: 10' Zone 1
Thu	BIKE	Bike Intervals Warm Up: 10' Zone 1, Main Set: 3x10' Zone 3 (keep a high rotation) 3' recovery at Zone 1 Cool Down: 10' Zone 1
Fri	RUN	Tempo Warm Up: 10' Zone 1 Main Set: 20' Zone 3 Cool Down: 10' Zone 1
Sat	SWIM	Aerobic Warm Up: 100m or 5' easy slow Main Set: 500m / 18' continuous steady at Zone 2 Cool Down: 100m or 5' easy slow
Sun	BIKE	Brick 45' at zone 2 plus immediately after 15' run at zone 1

WEEK 6	SPORT	SUPER SPRINT
Mon		DAY OFF
Tue	SWIM	Speed work Warm Up: 100m or 5' easy slow Main Set: 3x100 m or 3' as 25 sprint, 25 easy Recovery 30" Cool Down: 100m
Wed	RUN	Aerobic 30' mostly in Zone 1 or 2. Include 3-4x30" at Zone 3 pace.
Thu	BIKE	Aerobic 30' ride, Zone 1
Fri		DAY OFF
Sat	SWIM	Short swim at race pace
Sun		RACE DAY